

MAKE A NOTE

WRITE DOWN IMPORTANT NUMBERS here, such as the telephone numbers for neighbors and nearby family members, local service agencies and government offices, but remember – in an emergency, call 911.

EMERGENCY: 911

SHERIFF:

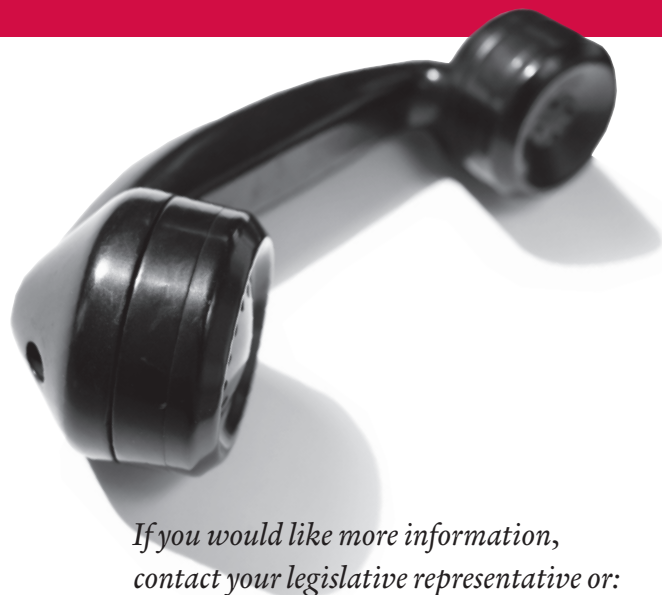
POLICE:

DOCTOR:

LOCAL ADULT PROTECTIVE SERVICES:

FAMILY MEMBERS & NEIGHBORS:

FOR MORE INFORMATION



If you would like more information, contact your legislative representative or:

- ★ **California Attorney General Crime & Violence Prevention Center**

1300 I Street, Suite 1150
Sacramento, CA 95814

TEL 1.916.324.7863

WEB www.safestate.org

- ★ **California Board of Prison Terms Victims Services**

WEB www.bpt.ca.gov/support_groups.asp

- ★ **Victims of Crime Resource Center**

TEL 1.800.VICTIMS [1.800.842.8467]

WEB www.1800victims.org

- ★ **National Crime Prevention Council**

WEB www.ncpc.org



COURTESY OF SENATOR

George Runner

CAPITOL OFFICE
State Capitol, Room 4066
Sacramento CA 95814
TEL 916.651.4017
FAX 916.445.4662

ANTELOPE VALLEY OFFICE
848 W. Lancaster Blvd., Suite 101
Lancaster CA 93534
TEL 661.729.6232
FAX 661.729.1683

SANTA CLARITA / SAN FERNANDO
VALLEY / VENTURA OFFICE
23920 Valencia Blvd., Suite 250
Santa Clarita CA 91355
TEL 661.286.1471 / 661.286.1472
FAX 661.286.2543

VICTORVILLE OFFICE
Victorville City Hall
14343 Civic Drive, First Floor
Victorville CA 92392
TEL 760.843.8414
FAX 760.843.8348

www.sen.ca.gov/runner



crime prevention TIPS FOR SENIORS

THE CALIFORNIA LEGISLATURE has taken steps to strengthen victims' rights, address issues of elder abuse, and promote crime prevention by passing laws that protect victims and punish criminals.

CRIME PREVENTION is everyone's responsibility, and not just a job for law enforcement. Seniors can protect themselves by following simple, common-sense suggestions. Share these tips with neighbors and friends.

Make it tough for criminals to work in your neighborhood.

AT HOME

- * Keep your home secure with reliable locks on doors and windows.
- * Make sure your interior and exterior lights are kept in working order. Draw your curtains at night.
- * Never let a stranger into your home; use a peep-hole.
- * Ask for proper ID from delivery and repair persons. Don't be afraid to ask – if they are legitimate, they are required to provide ID.
- * If a stranger asks to use your telephone, keep your door locked and offer to place the call yourself.
- * Do not leave notes on your door when you are gone, and do not hide keys under the mat or in other conspicuous places. Leave a house key with a trusted neighbor or family member.
- * Never say, on the telephone or on your answering machine, that you are alone or that you won't be home at a certain time.
- * Work out a buddy system with a friend to check on each other daily.
- * Know your neighbors and keep their phone numbers handy for emergencies.
- * Report any suspicious behavior you observe in your neighborhood. Keep a list of important phone numbers near your phone.

WHILE YOU ARE OUT

- * When you are gone for more than a day, make sure your home looks and sounds occupied – use an automatic timer to turn on lights and radio or TV, and stop your daily deliveries or have a neighbor hold them until your return.
- * Carry your purse close to you – don't dangle it from your arm. Never leave your purse in a shopping cart or on a counter.
- * Never carry a wallet in your back pocket. Put it in a front or inside jacket pocket.
- * Don't carry any more cash than is necessary and carry only credit cards that you need.
- * Use the buddy system. Whenever possible, travel with friends to stores, the bank, or the doctor.
- * Avoid speaking to strangers who approach you in parking lots.
- * Make sure someone knows where you are going and when you expect to return.
- * When riding a bus or other public transportation, sit near the driver if possible.
- * Have paychecks or government checks sent directly to your bank account – many banks have senior citizens' discounts for automatic deposits.
- * Have your car or house key in hand as you approach your vehicle or home.

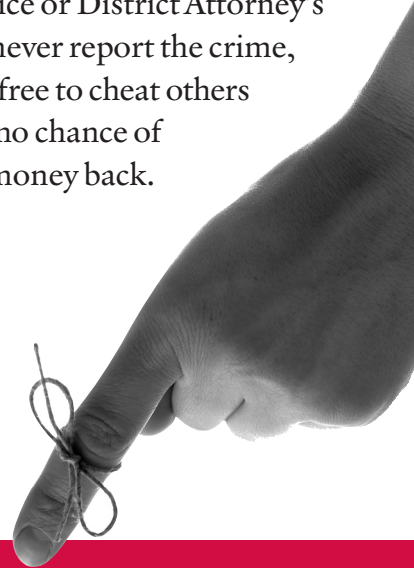
IN YOUR CAR

- * Keep your gas tank full and your engine maintained to avoid breakdowns.
- * Park in well-lit areas.
- * Always lock your car doors, even when you are inside, and keep your windows rolled up.
- * Lock packages and other valuables in the trunk. Do not leave them on the back seat or on the floor of the car where potential thieves can see them.
- * When returning to your car, check the front and back seat before you get in.
- * Never pick up hitchhikers.
- * If your car breaks down, pull over to the right as far as possible, raise the hood, and wait inside the car for help. Do not get out of the car or unroll the window until police arrive.



IF YOU ARE A VICTIM

- * If you arrive home and suspect a stranger may be inside, DO NOT GO IN. Leave quietly and CALL 911 to report the crime.
- * If you are attacked, make as much noise as possible by calling for help or blowing a whistle. Do not pursue your attacker. Your life and safety are worth more than possessions. CALL 911 to report the crime.
- * If you or someone you know has been swindled or conned, report the crime to your local police or District Attorney's office. If you never report the crime, criminals are free to cheat others and you have no chance of getting your money back.



always remember

- * LOCK your home before you leave.
- * TRUST a neighbor with a key.
- * BE a concerned neighbor yourself.
- * IF YOU FEEL UNCOMFORTABLE in a place or situation, leave.